

NUTRITIONAL SUPPLEMENT TO ALLEVIATE SYMPTOMS  
ASSOCIATED WITH REDUCED LEVELS OF SEROTONIN

ABSTRACT OF THE DISCLOSURE

A nutritional supplement to be incorporated into the diet of an individual under  
5 stress (e.g., chronic stress) is described, comprising a low-glycemic-index carbohydrate,  
alpha lactalbumin-enriched whey protein, fat, caffeine and a source of 5-  
hydroxytryptophan (5-HTP). The supplement provides active food-grade ingredients to  
improve the management of stress and symptoms associated therewith. The nutritional  
supplement can be used to raise serotonin levels in an individual to alleviate symptoms  
10 such as premenstrual syndrome and depression.